

COVID-19 HOLIDAY SAFETY TIPS

Fall and winter celebrations, typically include large gatherings of families and friends, crowded parties, and travel that may put people at increased risk for COVID-19. Chesterfield County encourages you to consider celebrating virtually to ensure COVID safety. If you choose to have or attend a holiday gathering, please consider following these tips from the CDC.

Hosting a holiday gathering

Host outdoor activities rather than indoor activities as much as possible. If hosting an outdoor event is not possible, and you choose to host an indoor event, avoid crowded, poorly ventilated, or fully enclosed indoor spaces. *Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather.*

Host activities with only people from your local area as much as possible. Limit numbers of attendees as much as possible. Provide updated information to your guests about any COVID-19 safety guidelines and steps in place to prevent the spread of the virus. Provide or encourage attendees to bring supplies to help you and others stay healthy. For example, extra masks (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues. *If you are planning in-person holiday gatherings with people outside of your household, consider asking all guests to strictly avoid contact with people outside of their households for 14 days before the gathering.*

Attending a holiday gathering

Outdoor activities are safer than indoor activities. If participating in an outdoor event is not possible, and you choose to attend an indoor event, avoid crowded, poorly ventilated, and fully enclosed indoor spaces. Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather. Check with the event host, organizer, or event venue for updated information about any COVID-19 safety guidelines and if they have steps in place to prevent the spread of the virus. *Bring supplies to help you and others stay healthy. For example, bring extra masks (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues. If you are planning to attend in-person holiday gatherings with people outside of your household, consider strictly avoiding contact with people outside of your household for 14 days before the gathering.*

Looking for ways to give during this holiday season? Here are some great local and national organizations that you can partner with in Chesterfield County.

Toys for Tots: 804-869-7860

Salvation Army: 804-225-7470

American Red Cross: 804-780-2250

Wounded Warrior Project: 855-448-3997

Reach out to your local Faith Community to see if you can sponsor a family.

Chesterfield Food Bank: 804-521-2500

Catholic Charities: 804-428-5598

Shepherd's Center: 804-706-9198

Meals on Wheels/Feed More Client Services: 804-673-5035

Communities In Schools: 804-717-9305

United Way: 804-771-5820

Mercy Mall: 804-728-2928

Chesterfield-Colonial Heights Alliance for Social Ministry (CCHASM): 804-796-3715

Richmond Justice Initiative: 804-299-4473

Side by Side: 804-644-4800

YWCA: communications@ywca.org

Brought to you by Chesterfield County Mental Health Support Services and Chesterfield County Police Department: www.chesterfield.gov

A SEASON OF HOPE IN CHESTERFIELD COUNTY



*Resources for
Navigating a
Challenging Time*

MEDICATION SAFETY

Many of us are spending more time at home than we'd like. What a great time to dispose of old medications!

Drop your old medications into the Medication Drop box at CPD Headquarters: 10001 Iron Bridge Rd, Chesterfield, VA 23832

Obtain a Drug Disposal Pouch—these are available at all the local libraries. These pouches are free of charge and allow you to safely and easily dispose of medications.

For more information on these resources stop by your local library!

STRONG COMMUNITY

SIX FEET APART ISN'T TOO FAR TO MAKE A DIFFERENCE!

Do not assume that your friends are ok:

Take time to check on your friends, family, neighbors.

Reach out by text, email, or phone.

Leave a note on their doorstep.

Everyone needs extra support right now.

TAKE CARE OF YOURSELF!

Make it a priority to check on your stress level and reach out for help if you need it.

Below is a list of resources for you and your loved ones:

24/7 Suicide Hotline: 800-273-8255

24/7 LGBTQ+ Trevor Line: 1-866-488-7386

Substance Use Warm Line Number:

1-833-473-3782

Mental Health Warm Line Support:

1-866-400-6428

24/7 Chesterfield County Mental Health Crisis Line: 804-748-6356

Chesterfield Mental Health Same Day Access Number: 804-768-7318

Chesterfield County Department of Social Services: 804-748-1100

Chesterfield County Police Non-Emergency Line: 804-748-1251

Chesterfield County Opioid Outreach REVIVE! Training and Narcan Distribution: 804-717-6169

CELEBRATE RECOVERY

Remove the stigma of mental health and substance use and celebrate diversity.

Watch Chesterfield County's REVIVE! video to learn how to respond to an opioid overdose: <https://www.chesterfield.gov/1050/REVIVE-Training>

Request free Narcan from the County's Opioid Outreach Coordinator 804-717-6169

Reach out for Mental Health and Substance Use Resources from your County: 804-748-1224

SAFE REPORTING LAW 18.2-251.03

People experiencing and/or reporting an overdose are protected from being arrested and charged with certain crimes. Save a life and call 911!

NEW INSPIRATIONS

Learn about a holiday or tradition you are unfamiliar with!

Watch inspirational videos of people making the best of these challenging times or doing extraordinary things!